



## Lose Weight Fast Diet Journal

By Alex A. Lluch

WS Publishing Group. No binding. Book Condition: New. Ring-bound. 250 pages. Dimensions: 8.4in. x 6.0in. x 1.0in. Lose Weight Fast, the latest from the top-selling line of diet and fitness journals, is the most convenient and user-friendly diet journal on the market. It provides an easy way to lose weight, increase energy, and improve eating habits. In addition to its compact size, this book includes room to record daily food and beverage intake; document exercise, supplements, weight, and energy levels; daily nutrition and fitness tips; monthly wrap-up pages with space for a photo and measurements to track weight-loss progress; motivational stickers; fold-out progress chart; mini removable journal; and updated nutritional information on popular foods, and more. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Ring-bound.



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